

East Hampton Senior Center

105 Main Street-East Hampton, CT 06424

Phone: 860-267-4426 Fax: 860-267-7682

Hours of Operation: Monday-Thursday: 8:30am-4:00pm

Friday: 9:00am-4:00pm

Website: www.easthamptonct.gov

Email: seniorcenter@easthamptonct.gov



Volume 4 Issue 11

Newsletter Date:

November 2015

Senior Center CLUB

Monday

November 2 @ 1pm

The Senior Meeting will be the Travel Show for the trips in 2016. Door prizes and Light refreshments will be available. Please sign up at the desk to let us now you are coming.



Monday,

December 7th

1pm

Deck the Halls

&

BE MERRY!



**The Senior Center is closed
Veteran's Day, Nov. 11th**



&

**the Thanksgiving Holiday,
Thursday, November 26th &
Friday, November 27th.**

AARP

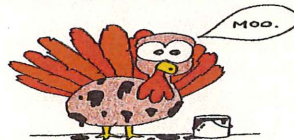
Real Possibilities

AARP Safe Driving Course

Tuesday, November 10th, 9am-1pm.
AARP Member \$15.00 Non-member
\$20.00. Payment (CHECKS ONLY) due
at time of registration.

Happy Birthday!

November babies, let us know it's your birthday! Come celebrate your birthday on Monday, November 30th. We'll send you an invite to our Birthday Party. You will be our guest to lunch and enjoy cake and ice cream. Have a friend you want to celebrate your birthday with? Have them sign up with Ann at least 24 hours in advance. The party is Monday, November 30th, at 12:00 noon.



Men Can and Do...Talk Group meeting

On Wednesdays at 10am

Women In Conversation

group meeting on

Wednesdays at 11am.

Laugh, Learn and Grow...

Call Jo Ann for more
information.

*This program is offered in collaboration
with East Hampton's Youth and Family
Service Department.*

The Commission On Aging
meets the 2nd Thursday of the
month. Next mtg. is November
12th at 3:00 pm at the Senior
Center. All are invited. Please
plan to attend. If you need trans-
portation to this meeting, please
call the Senior Center for a ride.

Turkey Dinners:

⇒ **CW Resources,**

Senior Center:

Wednesday, November 18th.

⇒ **VFW East Hampton Turkey**

Dinner Saturday,

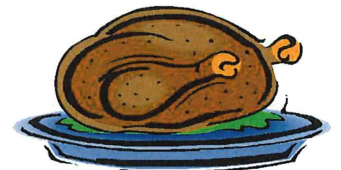
November 21.

⇒ **Marlborough**

American Legion

Sunday, November 22nd.

Sign-up required for all.



CT Energy Assistance

Appointments are being taken now for
the 2015-2016 Heating Assistance
Program at the Senior Center
2015/16 GUIDELINES FOR HOUSE-
HOLDS MUST HAVE A MEMBER
WHO IS EITHER 60+ OR DISABLED.

Proof of Income:

Social Security:

Monthly Statement for 2015

Pension Statements

Wages for last 4 weeks

Rent Receipt/Proof of Mortgage if still
paying on house

Most Recent Checking/Savings Ac-
count Statements (**ALL PAGES**)

CD's; IRA's, statements

Oil/Electric Bill

Call the Senior Center for an
appointment.

TOWN OF EAST HAMPTON

Beltown Senior News

**Voting Polls Open Tuesday, November 3rd
6am to 8pm. East Hampton Middle School**

ROOM USAGE: PLEASE HELP US help you! If you move a chair return it to where you found it...If you grab a pillow, return it when you leave...If you spill, or make a mess, please clean it up. If it is more than you can handle, please let staff know, and we will assist in the clean-up. Please understand that others may use the room after you leave and you should leave the room in the same condition or better than when you came into the room. Thank you for your attention to this matter. *Jo Ann*

WHY SHOULD I PRE-REGISTER?

Often, in the newsletter, you will be asked to register/sign-up at the Reception Desk. It is important that you do so for several reasons:

1. We sometimes cancel a program/trip due to low registration. If you are interested and do not sign up, you might miss out on the program/trip that you are interested in.
 2. If a program/trip is cancelled and you are not registered we will not notify you and you may come to attend a program that was cancelled.
 3. Instructors often ask for a number of registrations in order to prepare handouts.
 4. Room assignments are made according to the size of the group. If we do not know you are coming we might not select the room to accommodate everyone.
- Please help us to help you and register/sign-up at the Reception Desk for programs/ trips you are interested in. *Thank-you!*

Blood Pressure Screenings

Monday November 2nd, and November 16th, 10:45-12:00.

No appointment necessary.

Sponsored by the Middlesex Hospital and Homecare Agency.

Open Art Studio:

Wednesday

10:00am to 12:30pm

If you are interested in joining this group contact Dawn Tyler at the Center on Wednesday



Build a Bear for people in Need!

Sojourn Bears on Wednesday mornings 10am

Sojourn Bears are for adult patients getting their first chemo treatment. We make smaller bears for children and others, too! Join the fun!

BOOK CLUB

Tuesday, November

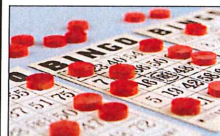
10th at 11am

New club members

always welcome!

BINGO!!!

Bingo



Tuesdays at 1:00 pm. We offer a wide variety of games.

Cash prizes and



Setback

12:30-3:00pm.

Thursdays



Genealogy: No class this month due to the holiday schedule

Exercise with Cindy

Sit & Stretch Class is

offered Tuesday & Thursday 10am to 11am

MovieTime
MOVIE DAY
Wednesday, November 18 @1:30pm

Bridge is offered Friday afternoons, at 12:30pm. New members are welcome. Come in, meet the group and learn the scheduling process, watch a game or two. Please ask to speak to Hunt.



Wii

Bowling

1pm on Mondays



Wii

BIBLE STUDY

1PM

TUESDAYS

New members Welcome!



Dial-A-Ride: transportation is provided to the Town by Middletown Area Transit. If you no longer drive but want to "get places" pick up an application at the Senior Center.

There is a \$2.00 charge for a one way trip (\$4.00 per round trip).

For more information call the Senior Center or Dial-A-Ride @ MAT 860-347-3313.

Adopt-A-Senior Rider program is available to income eligible residents. This program is sponsored by the East Hampton Village Lions Club. They provide bus tickets at no cost to those eligible. See Jo Ann at the Center for more info.

PROGRAMS:

Aging in Place: Tuesday, Nov. 3rd at 11am. All are invited to participate in a presentation dealing with the requirements for staying in your home throughout the aging process - This will be the subject of a presentation by Ron Pueschel, a Reverse Mortgage Professional. Seniors and interested family members are encouraged to attend this presentation which will focus on related areas for consideration: Medical Factors, Personal Preferences, Home Modifications for Accessibility, Financial Issues, Timing of a Decision to go or to stay. Join this informative discussion important to the welfare of all those interested in making an informed decision whether they should **"Age in Place."**

The Gift of Living History: every Friday at 10:30am. Children who are homeschooled will explore with senior Citizens what Living History is. This is a way to interact with school age children to learn about Living Histories, together. If you are interested, sign-up at the Senior Center desk.

REFLEXOLOGY: November 6th and 20th. \$10.00 per 15 minute session Pay day of session. Please call certified reflexologist Susette Christensen to make your appt. @ 860-334-9255.

Hypnotherapy Seminar: Monday, November 9 at 1pm. Elizabeth Lupichino certified therapist, will do a short presentation and demonstration of Hypnotherapy. Please sign up to reserve your seat.

Muffins for the Mind: Monday November 16th @ 10:30am. Challenge yourself, exercise those brain waves, & challenge your friends. Please sign up at the desk.

Connecticare Presentation: Tuesday, November 17th, 11:00am. Come learn about the program. Please call or sign up at the Senior Center desk.

Holiday Crafting: Friday, Nov. 13th 1pm and Monday, Nov. 16th, 1pm.

Holiday Gift Store Open House Preview Sale!! November 23, 24, 25!! Gift Shop Sale Nov. 30 thru Dec 23.

Coach Trips: Radio City Dec. 2, 2015

2016 Trips: Ireland, Aqua Turf, Delaney House and more...Come to the Nov. 2nd Travel Show at 1pm at the East Hampton Senior Center.

DAY TRIPS!

Cromwell Shopping, Thursday, November 5th, 12:30 to 3:30pm. Choose a store or two to get your shopping done.

Connecticut Historical Society Lunch @ Chowder Pot. November 17th, 10:30-4:00pm

Let's Do Lunch: PO's Rice & Spice, Tuesday, November 24 at 11:30am

Lunch at the Cheney Tech Culinary School, Friday, November 13 Leave at 10:15

Upcoming Day Trips: See the East Hampton Holiday Lights Monday Dec 7th at 5:30 pm, Wadsworth Atheneum Festival of Trees Dec. 11th, US Coast Guard Concert Sunday Dec 13th. Culinary School TBA.

YMCA Last Session of the Year:

Armchair Yoga: Mondays at 1:45pm. Nov. 9, 16, 23, 30, Dec 7

Golden Grooves: Wednesdays at 9am- 9:45. November 18, 25, Dec. 2, Dec. 9.

Classes free with Y Membership, without Y Membership/drop-ins \$5.00 per class.



TRY THE Y

This coupon entitles you to
a FREE 2 week trial membership
at the Middlesex YMCA.

Take a class, use the fitness center, or go for a swim!

Middlesex YMCA

99 Union Street Middletown, CT 06457

East Hampton Senior Center Members

Photo ID required

PREPARE



Alzheimer's
Seminar

Thursday, November 12, 6 pm
East Hampton Senior Center

**PLEASE SIGN UP AT SR. CTR. TO
RESERVE YOUR SEAT!**

This seminar is sponsored by the East Hampton
Commission on Aging.